

# TAMAGRAM

THE OFFICIAL PUBLICATION OF THE CITY OF TAMARAC, FLORIDA

JULY | AUGUST | SEPTEMBER | 2014



GAINING MOMENTUM

Tam-A-Gram is the official publication of the City of Tamarac, Florida. The magazine is published quarterly and mailed to residents and businesses within the City.

Reader questions and comments are welcome. Please send your comments to:

Public Information Office  
Attn.: Tam-A-Gram  
7525 N.W. 88th Avenue  
Tamarac, Florida 33321

You may also email your comments or questions to the Public Information Office at:

pio@tamarac.org. Please include Tam-A-Gram in the subject line of your email.

To submit pictures, please send high-resolution photos to pio@tamarac.org.

Tam-A-Gram and other City publications, are available online at [www.tamarac.org](http://www.tamarac.org).

**CITY COMMISSION:**

Harry Dressler, Mayor  
[Harry.Dressler@Tamarac.org](mailto:Harry.Dressler@Tamarac.org)

Michelle J. Gomez,  
Vice Mayor District 2  
[Michelle.Gomez@Tamarac.org](mailto:Michelle.Gomez@Tamarac.org)

Pamela Bushnell,  
Commissioner District 1  
[Pamela.Bushnell@Tamarac.org](mailto:Pamela.Bushnell@Tamarac.org)

Diane Glasser,  
Commissioner District 3  
[Diane.Glasser@Tamarac.org](mailto:Diane.Glasser@Tamarac.org)

Debra Placko,  
Commissioner District 4  
[Debra.Placko@Tamarac.org](mailto:Debra.Placko@Tamarac.org)

**CITY MANAGER:**

Michael C. Cernech

**PUBLIC INFORMATION OFFICE:**

Elise Boston, Editor

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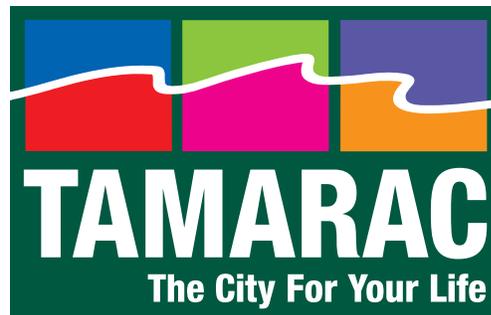
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## IMPORTANT NUMBERS

MAIN NUMBER (954) 597-3500  
 ADA Coordinator/Accessibility (954) 597-3505  
 Voice 1 (800) 955-8770  
 TTY 1 (800) 955-8771  
 Citizen Hotline (954) 718-1800  
*(Activated During Emergencies)*  
 Building Services (954) 597-3420  
 Building Inspections  
 Building Permitting and  
 Inspection Results  
 City Clerk's Office (954) 597-3505  
 City Commission (954) 597-3460  
 City Manager's Office (954) 597-3510  
 PIO (Media) (954) 597-3523  
 Community Development (954) 597-3530  
 Code Compliance (954) 597-3425  
 Business Revenue (954) 597-3537

Financial Services (954) 597-3550  
 Purchasing (954) 597-3570  
 Customer Service (954) 597-3590  
 Fire Rescue (Non-Emergency) (954) 597-3800  
 Human Resources (954) 597-3600  
 Job Line (954) 597-3615  
 Risk Management (954) 597-3613  
 Mayor and Commission (954) 597-3460  
 Parks & Recreation (954) 597-3620  
 Community Center (954) 597-3620  
 Caporella Aquatic Center (954) 597-3660  
 Caporella Fitness Center (954) 597-3661  
 Social Services (954) 597-3642  
 Transit/Shuttle Bus (954) 597-3649  
 Police/BSO Tamarac District  
 (Non-Emergency) (954) 720-2225

Public Works (954) 597-3700  
 Engineering (954) 597-3712  
 Recycling & Trash Hotline (954) 597-3740  
 Utilities (Water) (954) 597-3750  
 Billing Inquiries (954) 597-3590  
 Utilities (leaks, breaks, etc.) (954) 597-3750  
 Water Treatment Plant (954) 597-3775  
*(Also used for afterhours Utilities emergencies.)*  
 Service Providers:  
 Waste Management (954) 974-7500  
 Comcast Cable (954) 252-1937  
 Library (Tamarac Branch) (954) 765-1500  
 Post Office (Tamarac Branch) (954) 722-3152

# Gaining Momentum

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**S**ounds of construction. Ribbon cuttings. Banners and sales trailers at new home sites. These are all signs that Tamarac is moving forward. Long-term strategic planning has allowed the City to build a solid foundation, which makes the future quite promising.

The City is in good financial shape: property values are slowly beginning to rise and the initiatives taken over the past few years have paid off. Strong finances are certainly important, but there's a lot more that goes into improving the quality of life in Tamarac.

One key aspect is safety. There are excellent indicators that the City is moving in the right direction. Numbers released by the Florida Department of Law Enforcement show that overall crime in Tamarac is down 18%.

Our parks and recreation facilities play a major role in making the City so attractive. The new 23-acre park at the Mainlands is under construction, with a ribbon cutting planned this winter. Art-inspired playgrounds were recently unveiled at Caporella Park and the Sports Complex. With an eye toward meeting future

needs, we're developing a master plan to guide Tamarac's parks and recreation investments over the next 10 years.

New homes are being built, bringing new families to our City: from townhouses on Pine Island Road to single family homes at Commercial Boulevard and the turnpike. These projects give the sites a fresh start and serve to invigorate Tamarac.

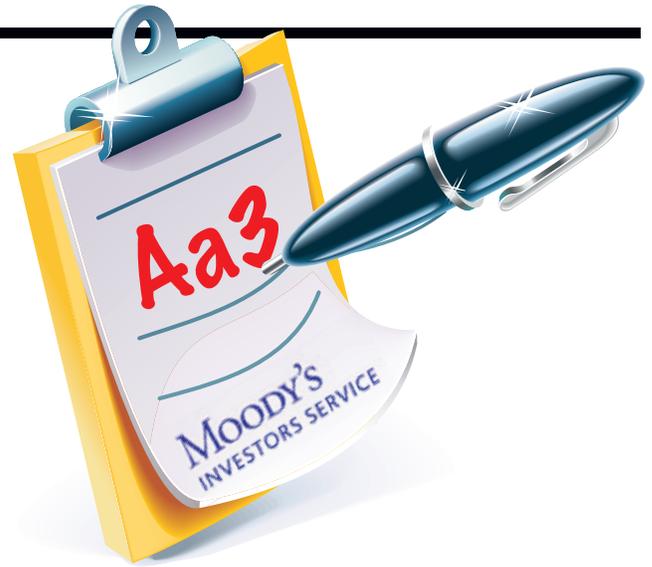
Significant progress is being made with projects that will have a dramatic impact on appearance. Staff is working with the long list of communities looking to improve their entry signage with City funding. Multiple homeowner associations are voting to accept Tamarac's offer to construct buffer walls along our major corridors. And critical steps have been taken in moving Tamarac Village forward.

You'll read more about a number of these initiatives elsewhere in this issue of Tam-A-Gram. What's important to remember is that, after some challenging years, the City of Tamarac is on solid ground and gaining momentum. More and more people are discovering that our hidden gem can truly be "The City For Your Life".



# Moody's Praises Tamarac

In a recently released report on the finances of Florida's local governments Moody's Investor Services, the national credit rating company, pointed to Tamarac as a positive example. They noted the decisive management actions we took during the recession to ensure long-term financial stability. According to Moody's Tamarac is proof of the critical role that strong financial management plays: both in maintaining a city's financial health and positioning it for success in the new economy.



## Keeping Tamarac Safe

Citing the need to establish partnerships and get people to take ownership of their communities, BSO Tamarac District Chief Neal Glassman presented a certificate of appreciation to resident Diana Zambrano for her role in apprehending several burglary suspects. In presenting the commendation along with the Tamarac City Commission, Chief Glassman recounted how Ms. Zambrano saw someone trying to enter a neighbor's home through a window and immediately called 911. BSO responded and caught one suspect at the scene and another after a short chase. They were apprehended with a pillowcase full of items allegedly taken from that home.

Chief Glassman said that the pair was also suspected of committing a number of burglaries in the neighborhood. Thanks to Ms.

Zambrano's decision to become involved, BSO was able to make the arrests.

The Florida Department of Law Enforcement reports that overall crime in Tamarac is **down** 18%. Continued community involvement is a key component in continuing to keep our City safe.



# Groundbreakings

Groundbreakings and ribbon cuttings are just a few signs that Tamarac is an increasingly attractive location for residents and businesses alike.

## Horizon Bay

City Commissioners helped break ground on a new memory care center at Tamarac's Horizon Bay assisted living community. The facility will accommodate patients suffering with Alzheimer's and related dementias. The center will house up to 24 residents and is expected to be completed by the end of the year.



## Central Parc

The gold shovel ceremony at Central Parc signaled the start of the first newly constructed single family homes in Tamarac in years. Located at Commercial Boulevard and Florida's Turnpike, the three and four-bedroom homes will attract new families and help to invigorate the City.



# Hurricane Preparedness:

## TOP 5 PRECAUTIONS TO TAKE THIS HURRICANE SEASON:

- Designate an emergency out of area point of contact;
- Secure an advance stock of required medications and oxygen;
- Secure valuables and electric devices in watertight containers;
- Plan in advance for special needs (shelters and medical assistance for disabled and/or medically vulnerable persons); and
- Register for the City of Tamarac's CodeRED Emergency notifications.

Whether you decide to ride it out in your home or evacuate when a storm hits, it is important for you to plan ahead. If you evacuate, where will you go? If you're going to stay, will you need to install shutters or purchase a generator? If you don't know where to start, use the following categories as your guide.

### PROTECT YOUR PROPERTY

#### Protect your home's openings

- Be sure to seal openings, cracks and holes to prevent water from getting inside.
- Fill holes where wires, cables and pipes enter and exit the house, and seal around electrical boxes and circuit breaker panels.
- Reinforce your garage doors.

#### Safeguard your vehicle

- Move your vehicle to higher ground and park in a sheltered location away from trees and poles.
- Make sure all fluids – gas, oil and water - are full, to be ready for use after the storm.
- Remove all important documents from the vehicle and secure them in a waterproof container inside your home.

#### Strengthen your roof

- Make sure your roof deck is securely fastened to the roof framings.

- Seal the roof deck to minimize water intrusion if the roof cover is blown off.
- Re-adhere loose shingles with roofing cement to prevent them from blowing off and exposing your decking to wind-driven water.

### IMPORTANT PHONE NUMBERS

During and after a storm, the City will activate the following numbers:

Hurricane Hotline ..... (954) 597-3800

Recorded Updates ..... (954) 718-1800

Volunteer Desk ..... (954) 597-3620

### OTHER IMPORTANT NUMBERS

Emergency – 911

Florida Power and Light ..... (954) 797-5000

Recycling/Trash (Waste Management)  
..... (954) 974-7500

Utilities emergency ..... (954) 597-3750

After hours only ..... (954) 597-3775

Police Non-emergency ..... (954) 765-4321

Contact Tamarac Fire Rescue at (954) 597-3800 for any other information regarding hurricane preparedness.

# What's Your Plan?

## FIND A SHELTER

If you choose to evacuate, don't wait until the storm is on its way to find the best shelter for you.

### General Population Shelter

Broward County has 15 designated American Red Cross General Population Shelters. For their locations visit [www.broward.org/hurricane](http://www.broward.org/hurricane) and click on the evacuation and shelter tab.

### Special Needs Shelter

To request an application for a Special Needs Shelter and/or Paratransit evacuation transportation, call Broward County Human Services at (954) 357-6385 or visit [www.broward.org/atrisk](http://www.broward.org/atrisk).

### Pet-Friendly Shelter

A pet-friendly shelter is operated by the American Red Cross and the Broward County Humane Society at Millennium Middle School in Tamarac. It's available to residents with pets who either live in an evacuation area or a mobile home. Pre-registration is required; call the Humane Society at (954) 989-3977. Note: Service animals are accommodated at all shelters.

## HAVE AN EMERGENCY MEDICAL PLAN

If you or a relative lives with a disability, requires medical assistance or uses an automated device, such as an oxygen tank, sign up with the Vulnerable Population Registry. Call 311 or (954) 831-4000 (TTY (954) 831-3940) or go online at <https://www.broward.org/registry>. Be sure to have contact information and a map available for the appropriate medical facility.

## REGISTER FOR EMERGENCY ALERTS

**CodeRED** is a free service for Tamarac residents. It offers emergency notification before, during and after an event takes place. To sign up for notifications call (954) 597-3800 or visit [www.tamarac.org](http://www.tamarac.org).

## PREPARE YOUR HURRICANE SUPPLY KIT NOW

*Suggested equipment and supplies:*

- Baby formula
- Batteries
- Battery operated clock and radio
- Battery operated lighting
- Butane lighters
- Cans, gas and oil
- Camping stove
- Cash
- Chain saw
- Cleaning supplies
- Clothesline and pins
- Diapers
- Dish detergent
- Disposable plates, cups, utensils
- Duct and masking tape
- Fire extinguisher
- First aid kit/ Medicines/ Prescription drugs
- Flashlights, lanterns and/or Cyalume light sticks
- Food (canned, dry, non-perishable)
- Generator
- Gloves and goggles
- Ice
- Non-electric can opener
- Pails and buckets
- Phones: fully charged cell phone and extra battery and a traditional telephone set (not cordless)
- Pet care items
- Plastic garbage bags
- Rolls of plastic
- Toiletries
- Toilet paper and paper towels
- Water (7 gallons per person)
- Tarp roof covering
- Vehicle fuel
- Waterproof container for important documents



# U. S. Mayors Cite Our Livability

The U.S. Conference of Mayors has recognized Tamarac for outstanding achievement in their 2014 City Livability competition. The award honors city governments for developing programs which enhance the quality of life. Tamarac was cited for the Let's Move and Play Together program.

Let's Move and Play Together was implemented to teach elementary age children the importance of physical activity, healthy eating and pledging to lead a healthy lifestyle. A partnership between the Parks and Recreation department and the Center for Hearing and Communication, it's offered to children with special needs and hearing disabilities as well as children from the City's after school program. It pairs mainstream children with those who are hard of hearing in a comfortable setting, which allows them to find ways to work together.



THE UNITED STATES CONFERENCE OF MAYORS



35th ANNUAL CITY LIVABILITY AWARDS

## Tamarac University Graduates



Congratulations to the 2014 class of Tamarac University. In its seventh year, TU is a multi-week program that gives community members an inside look at how the City works. Residents and members of the business community hear directly from staff and the City Commission about the ins and outs of their jobs, and how that work contributes to the betterment of the community.

The TU application process begins in November, with classes kicking off in spring. Check the City's website, [www.tamarac.org](http://www.tamarac.org), or an upcoming issue of Tam-A-Gram for more information. It's a great way for civic-minded citizens to network and learn more about volunteer opportunities in Tamarac.

# Art-inspired Playgrounds Completed

**R**ibbon cuttings marked the completion of playground renovations at Caporella Park and the Tamarac Sports Complex playground. Improvements include artistic fencing, benches and the addition of new playground equipment, including sensory pieces for children with special needs.

While all of Tamarac’s parks are universally accessible, these are the first sensory pieces to be installed. They provide additional visual and auditory stimulation, helping children develop hand/eye coordination and action/reaction skills, while creating an exciting multi-sensory play experience. New equipment includes a color splash panel, a “kaleidospin” panel and a “xylofun” panel; all funded by the Parks and Recreation of Tamarac Foundation.



## City Furniture Ribbon Cutting

Tamarac officials joined City Furniture president Keith Koenig at the company's Tamarac headquarters for the grand opening of their new compressed natural gas (CNG) fueling station. The station will supply a new fleet of delivery trucks with a more environmentally conscious and cost-effective fuel.

City Furniture is so pleased with Tamarac as their headquarters, they've made a commitment to a long future here. The furniture retailer is expanding their facilities in Tamarac to serve their expanded operations throughout Florida.



## HOA Liaison Meetings Scheduled

Mark your calendars for the remaining 2014 Homeowner Association Liaison meetings:

- **Tuesday, August 26th: Collections**
- **Tuesday, November 18th: Code Compliance**

All meetings will begin at 6:30 pm at the Tamarac Community Center, 8601 W. Commercial Boulevard. Board members and property managers are welcome.

To RSVP, call (954) 597-3539.

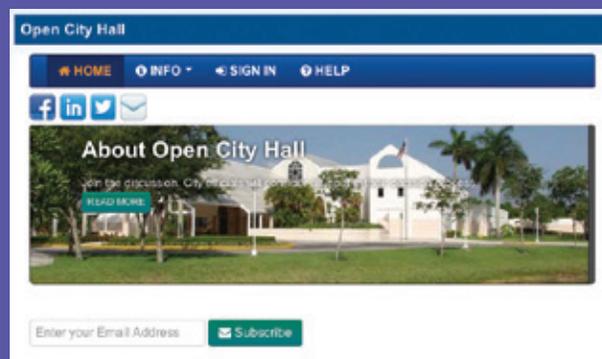
## Open Communication Through Open City Hall

Your input means a lot to us. It's why we're continually adding to the opportunities for you to provide feedback. As part of that effort Tamarac has launched Open City Hall, an online platform designed to engage residents in a conversation that will capture their thoughts on important issues.

How does it work? On a periodic basis, we'll post a topic on the City's website for additional public input. Tamarac officials will consider those statements as part of the decision-making process. The first topic on Open City Hall asks "If you could plan for the future, what programs and facilities would you like to see added to the City of Tamarac parks and recreation system?"

You can read what others are saying and share your own opinion at [www.tamarac.org/OpenCityHall](http://www.tamarac.org/OpenCityHall). This topic will be open for comment for a limited time, and then we'll provide a summary of the input.

Open City Hall is run by Peak Democracy, a non-partisan company whose mission is to broaden civic engagement and built public trust in government. The City of Tamarac is one of approximately 100 government agencies in North America using this forum.



# Tamarac's Ecosystem in Balance

**H**ow does the City maintain the beauty of its lakes and ponds? One way is to use fish to tame nuisance aquatic plants; specifically the triploid grass carp. Five thousand of the fish are being released over three years in Tamarac's 600 acres of waterways. This approach is safer than chemicals and more economical than mechanical methods to tame unwanted plants. The genetically altered fish will never reproduce and, while not recommended for the dinner table, help keep the ecosystem in our waterways in balance.



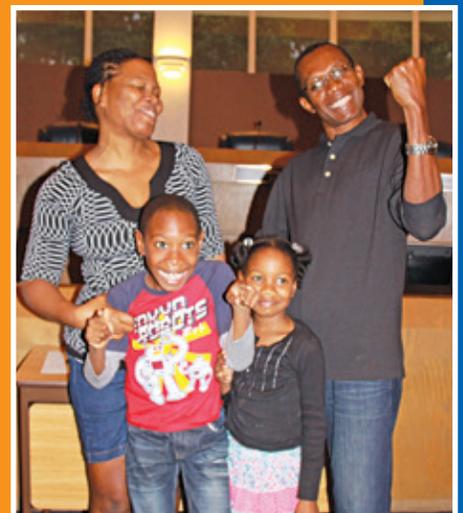
## Home Ownership Becomes A Reality

The dream of home ownership has come true for two lucky families in Tamarac. Their names were drawn in the Neighborhood Stabilization Program lottery, a program in which the City rehabilitates homes in foreclosure and re-sells them at market value to qualifying buyers. Each property is fully restored to address any health, safety issues or building and code violations.

Three additional homes will be available via lottery this summer to those already enrolled in the program.



*Tina Caccavale*



*The Prince family*

## MEMORIAL DAY 2014



*Tamarac City Commissioners recognized the winners of the “What Memorial Day Means to Me” essay contest; (l to r) Ashley Scott and Alyssa Zizzo, Renaissance Charter School; Natalie Hanson, Tamarac Elementary School and Sivon Tal, Challenger Elementary School.*

# DISCOVERY

## Discover the Benefits of Tamarac Parks and Recreation



### WE'RE PLAYFUL!

For the fifth year in a row the City of Tamarac has been named a Playful City USA. The program honors cities that are taking bold steps to ensure that all children have easy access to a balance of active play. The awards committee said that "Tamarac is at the vanguard of the playability movement", and commended the City for our remarkable work in elevating the importance of play.

Now is the time to accelerate the playability movement; to do so we need your help. Join

us in celebrating our successes and show your support, as we continue to work toward creating a brighter, playable future in our City. Come to the 5th annual Play Day event on Thursday, September 18th (early release day); 1:30 – 3:30 pm at Tamarac Park, 7501 N. University Drive.

### Tamarac Parks and Recreation e-Newsletter

The Parks & Recreation Department now has a monthly e-Newsletter! P&R e-News highlights department events, trips, classes and services.

To have it delivered monthly to your email, send us an email at:

[Tamarac.Parks@tamarac.org](mailto:Tamarac.Parks@tamarac.org)

and put

**"ADD me to the e-Newsletter"**  
in the subject line.

## Volunteer of the Quarter

**P**aul Kelly retired from Tamarac Fire Rescue in 2011. However, he remains dedicated to fire service by offering his time to teach adolescents about compassion, unity and the skills needed within fire rescue service. Mr. Kelly is also a historian, with deep knowledge about fire-related events. He collects antique fire equipment, including a truck from the late 1800's.

He is an inspiration and mentor to the Tamarac Fire Rescue Cadets and works to prepare them to take their place within the fire rescue industry. In addition, Mr. Kelly has been recognized for his work with the Florida Department of Transportation on a fire hydrant location signage project for the Florida Turnpike.



Paul Kelly

## WELLNESS CENTER

We invite you to visit the Tamarac Wellness Center. We have a variety of free weights, Life Fitness machines, treadmills, elliptical cross trainers, recumbent lifecycles, stationary bikes and more. The Wellness Center offers a friendly non-competitive workout environment with an awesome view of our competitive pool or community garden. If this is your first visit, our qualified friendly staff will show you around and help you become familiar with the equipment. We also have personal training sessions available. Visit the Tamarac Wellness Center today at 9300 NW 58th Street or contact us at (954) 597-3661 or visit our website at [tamarac.org/parks](http://tamarac.org/parks).

**Personal Weight Training sessions are available by appointment.**

**1 Person individual session . \$40.00**

**2 person shared session ..... \$25.00**  
*per person*

**3 person shared session ..... \$20.00**  
*per person*

## FACILITY LOCATIONS

**Caporella Aquatics and Wellness Complex**  
9300 NW 58th Street

**Caporella Park**  
5200 Prospect Road

**Gary B Jones Park for People and Pups**  
8101 Southgate Boulevard

**Sunset Point Park**  
11000 McNab Road

**Tamarac Community Center**  
8601 West Commercial Boulevard

**Tamarac Multi-Purpose Center**  
7531 North University Drive

**Tamarac Park Recreation Center**  
7501 North University Drive

**Tamarac Sports Complex**  
9901 NW 77th Street

**Tepford Park**  
10003 Southgate Boulevard

**Veterans' Memorial Park**  
7825 Southgate Boulevard

*For more information on any of the programs or activities listed in the Discovery section of the Tam-A-Gram, please contact Tamarac Parks and Recreation at: (954) 597-3620. Times and locations may be subject to change without notice.*

## CAPORELLA AQUATIC & WELLNESS CENTER

Visit the Caporella Aquatic Center located at 9300 NW 58th Street.

Enjoy its many amenities including a 25 meter swimming pool with zero depth entry and slide, children's water playground, 3,000 sq. ft. fitness room, locker rooms, picnic tables, and more.

### POOL HOURS:

Weekdays: Pool: 10:00 am – 6:00 pm

Saturdays: Pool, Slide, and Sprayground: 10:00 am – 6:00 pm

Sundays: Pool, Slide, and Sprayground: 10:00 am – 4:00 pm  
(Come see our beautifully refurbished Sprayground)

**For Aquatic Center admission fees and rental information, please call (954) 597-3660.**

### LAP SWIMMING

**When:** Mon-Fri: 10:00 am - 3:00 pm, Sat: 1:00 pm - 6:00 pm,  
Sun: 10 :00 am - 4:00 pm

### PROACTIVE ARTHRITIS WATER EXERCISE CLASS

Work on balance and coordination while increasing range of motion, joint flexibility, muscle strength, and cardiovascular fitness without causing strain.

**When:** Mondays and Wednesdays, 9:30 am – 10:30 am

**Fee:** Senior Program Members: FREE  
Non-Senior Program Members: \$2/Class

### SWIM LESSONS

**Parent Tot:** Ages 3-5

**Tot Only:** Ages 3-5. No parent. Will learn to ask for permission to enter, how to exit, submerging, floating, front kick & arm paddling.

**Level One:** Ages 5 & over. Learn to blow bubbles, front and back float, glide, and kick, and front crawl stroke.

**Level Two:** Ages 5 & over. Learn freestyle with breathing, backstroke, and breaststroke.

**Adult Level 1:** Ages 18 & over. Front/back float, basic freestyle, backstroke and endurance.

**When:** Call for days and times

**Fee:** Residents: \$45, Non-residents: \$55

### WATER AEROBICS

Get a total body workout to improve motor skills, balance, strength, and posture. Moderate to high level of cardio will be achieved.

**When:** Monday and Wednesday, 6:00 pm – 6:45 pm

**Fee:** Residents: \$45, Non-residents: \$55, (4 week session)

### AQUA ZUMBA

Jump into this Latin-inspired, easy to follow, calorie burning dance fitness party.

**When:** Tuesdays, 6:00 pm – 6:45 pm

**Fee:** Residents: \$15, Non-residents: \$20, (4 week session)

### TAMARAC SWIM TEAM

Tamarac Swimming Inc. is offering a competitive swim team program for children ages 5-13 and a United States Masters Swimming program for adults 18-90 at the Caporella Aquatic Complex, 9300 NW 58th Street. Free tryouts on Saturdays at 10:00 am. For additional details and pricing contact Coach Marty Grady (954) 805-6512 or email [tamaracswimming@gmail.com](mailto:tamaracswimming@gmail.com).

**Coming Soon!!! – Junior Lifeguard training for ages 8-15.**  
Call (954) 597-3660 for details.





## YOUTH RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Location	Session
Basketball Fundamentals	Wed.	6:00 - 7:00 pm	7 - 13 yrs.	\$30/\$40	Recreation Center	4-week
Cartooning Class	Sat.	10:30 am - 12:00 pm	10 yrs. & up	\$60/\$70	Recreation Center	6-week
Fashionista	Sat.	12:30 - 1:15 pm	5 - 13 yrs.	\$40/\$50	Community Center	4-week
Gymnastics	Thurs.	6:00 - 6:45 pm	5 - 12 yrs.	\$40/\$50	Recreation Center	4-week
Hip Hop/Cheerleading/Tumbling	Sat.	11:00 am - 12:00 pm	5 - 12 yrs.	\$40/\$50	Recreation Center	4-week
I-Imagine Art	Sat.	11:45 am - 12:30 pm	5 - 12 yrs.	\$40/\$50	Community Center	4-week
Kempo Karate	Mon. & Wed.	5:30 - 6:30 pm	7 - 18 yrs.	\$70/\$80	Recreation Center	4-week
Kids Cooking	Tues.	6:00 - 7:00 pm	7 - 12 yrs.	\$40/\$50	Recreation Center	4-week
Level 1 & 2 Ballet, Tap & Jazz	Sat.	10:00 - 11:00 am	3 - 12 yrs.	\$40/\$50	Recreation Center	4-week
Taekwondo (Advanced)	Tues. & Thurs.	6:00 - 7:00 pm	7 - 12 yrs.	\$80/\$90	Recreation Center	4-week
Teen Club	Thurs.	7:00 - 8:00 pm	12 - 17 yrs.	\$25/\$35	Multi-Purpose Center	Annually
Tennis Lessons	Tues.	5:30 - 6:30 pm	6-12 yrs.	\$40/\$50	Sports Complex	4-week
Wing Chun	Mon. & Wed.	6:30 - 8:00 pm	10 yrs. & up	\$80/\$90	Recreation Center	4-week

For more activity information, please call the Tamarac Community Center at (954) 597-3620 or the Recreation Center at (954) 597-3674.  
Registration is also available online for some programs at <https://webtrac.tamarac.org>

## SOCIAL SERVICES

All services are provided at the Tamarac Community Center (TCC) unless noted otherwise. Call the Information and Referral line at (954) 597-3642 for more information on social service programs that may be available in Broward County. For transportation issues, to register for our Transportation Program or to inquire about transit, please call (954) 597-3649. Schedules for the Red and Red Extension Transit Routes are available at [www.tamarac.org](http://www.tamarac.org) and at City facilities.

### PROGRAMS

#### CAREGIVER SUPPORT GROUP

Are you a full-time caregiver for someone over the age of 60? Do you feel stressed out and overwhelmed? Meet others who share similar experiences caring for a loved one. In partnership with Jewish Family Services. Please call Susan Panzer at Jewish Family Services, (954) 370-2140, for FREE respite for your loved ones so you can attend this meeting.

When: 1st and 3rd Tuesday of each month, 10:00 am

#### FINANCIAL COUNSELING: DO YOU NEED TO LEARN HOW TO MANAGE YOUR FINANCES?

Learn how to budget or use online banking during your one-on-one counseling session with a financial specialist. Also get assistance with applying for federal programs such as Medicaid, Food Stamps, and Cash Assistance. Free for Tamarac residents. Please call (954) 720-2485 to set up your free sessions. By appointment only. A partnership with Monarchcare Inc., a non-profit social services agency.

#### INDIVIDUAL COUNSELING

Free limited sessions for Tamarac residents only. Please call Lakshmi, a licensed mental health counselor to make an appointment at (954) 655-7040 or Lola at (561) 318-1935. Please leave your name and number and your call will be returned within 24 hours.

#### LOWER YOUR PRESCRIPTION COSTS

Start saving today with the City of Tamarac Prescription Discount Card program. Benefits include an average savings of 20%, free enrollment, coverage for all family members, and no income requirements. Please call Social Services at (954) 597-3642 for locations.

### SERVICES/GROUPS

All services and groups held at the Tamarac Community Center, 8601 W. Commercial Boulevard / (954) 597-3620.

#### POSITIVE ADJUSTMENT GROUP

Learn coping skills on how to adjust to life changes, including losing a loved one, health, daily living activities, moving, etc. A licensed mental health therapist will facilitate this important group for all seniors.

When: Every Monday, 10:30 am – 11:30 am

#### CENTER FOR COMMUNICATIONS - FREE AMPLIFIED PHONE

Provides amplified phones and TDDs free of charge to State of Florida residents who are deaf and/or hard of hearing. Please call Social Services at (954) 597-3642 for information.

When: July 2nd and August 6th, 10:00 am - 11:00 am.

#### FREE 911 CELL PHONES FOR SENIORS

2nd Monday of each month at 9:00 am. Call (954) 597-3642 to set up an appointment. Donations of cell phones are accepted.

#### FREE EYEGLASS REPAIR PROGRAM

When: Tuesday, 10:00 am – 12:00 pm

#### SENIOR SOCIAL

Join us for light refreshments and an educational lecture.

When: 3rd Tuesday of each month, 11:00 am

Topics: To be announced

#### SHINE COUNSELOR

Serving Health Insurance Needs for the Elderly. Questions regarding your Medicare/Medicaid insurance? Call the Area Agency on Aging and Disability Resource Center to speak to a SHINE counselor: (954) 745-9779.

#### VETERANS ADVISOR

When: Friday, 8:00 am – 11:00 am, no appointment necessary. **(Cancelled for July and August)**

## ATHLETIC LEAGUES

The following sports leagues are offered in the City of Tamarac. Please contact the sports league at the phone number provided for more information. The athletic fields are available to rent at a nominal fee. Contact (954) 597-3620 for more information. For information on field closures due to rain or maintenance, call (954) 597-3667.

### YOUTH SOCCER

Registration for Youth Soccer begins August 25th. The league is for boys and girls ages 4-14 years old. Practices will begin in November with games starting in December. The season will conclude in February. Registration is available at the Tamarac Community Center, located at 8601 W. Commercial Boulevard. Space is limited. Volunteer coaches are needed. For additional information, please call (954) 597-3620.

### FALL BASEBALL

Registration for Fall Baseball begins July 1st. Divisions will be available for ages 4-16 years old. Games will begin in September and the season will conclude in November.

Register at the Tamarac Community Center, located at 8601 W. Commercial Boulevard. Space is limited. Volunteer coaches are needed. For additional information, please call (954) 597-3620.

### PLEASE CALL (954) 597-3620 FOR THE FOLLOWING ATHLETIC LEAGUES:

Fall Baseball, Youth Flag Football, Youth Soccer, Youth Basketball, Men's Basketball, Co-Ed Softball, Adult Kickball and Adult Flag Football.

**Men's Soccer:** (786) 367-0972

**Youth Football/Cheerleading:** (954) 721-5131

## ADULT RECREATION ACTIVITIES

Activity	Day	Time	Ages	Resident/ Non-Resident Fee	Location	Session
Aerobic Cycling	Mon. Tues. Thur. Sat.	7:15 - 8:15 pm 7:15 - 8:15 pm 6:15 - 7:15 pm 8:00 - 9:00 am	16 & over	\$5/\$6	Community Center	Per Class
Badminton	Mon., Wed. Sat.	6:00 - 9:00 pm 5:00 - 9:00 pm	13 & over	\$3/\$5	Community Center	Per Class
Belly Dancing	Mon.	9:30 - 10:30 am	16 & over	\$40/\$50	Recreation Center	4-week
Line Dancing (Beginner)	Thurs.	6:30 - 8:00 pm	18 & over	\$7/\$8	Community Center	Per Class
Line Dancing (Intermediate)	Thurs.	8:00 - 9:30 pm	18 & over	\$7/\$8	Community Center	Per Class
Mixed Art	Wed.	9:30 - 11:30 am	18 & over	\$30/\$40	Recreation Center	4-week
Pottery Studio	Tues.	6:00 - 8:30 pm	16 & over	\$40/\$50	Recreation Center	4-week
Table Tennis	Sat.	2:00 - 9:00 pm	18 & over	\$1/\$2	Community Center	Per Class
Tennis Lessons	Sat.	9:00 - 10:00 am	13 & over	\$40/\$50	Sports Complex	4-week
Volleyball	Mon. Thurs. Sat.	6:30 - 8:30 am 7:15 - 8:30 pm 1:30 - 4:00 pm	16 & over	\$5/\$6	Recreation Center	Per Class
Zumba	Wed or Fri.	7:00 - 8:00 pm	13 & over	\$25/\$35 \$32/\$42 \$35/\$45	Community Center	4 Classes 6 Classes 8 Classes

## RECREATION CENTER FITNESS SCHEDULE

Boot Camp	Mon.	6:00 - 7:00 pm	Where: Tamarac Recreation Center			
Pilates & Yogalates	Sat.	9:30 - 10:30 am	Fee: Residents: \$5, Non-residents: \$6 per class			
Total Fitness Training	Tues. & Thurs.	6:00 - 7:00 pm	Residents: \$45, Non-residents: \$54 for 10 classes			
Zumba Fitness	Mon. & Wed. Tues. Wed. Thurs. Sat.	7:00 - 8:00 pm 9:30 - 10:30 am 11:00 am - 12:00 pm	Residents: \$110, Non-residents: \$143 - Annual membership			

## COMMUNITY CENTER FITNESS SCHEDULE

Body Sculpting	Thurs. & Fri.	6:00 - 7:00 pm	Where: Tamarac Community Center			
Boot Camp	Wed.	7:00 - 8:00 pm	Fee: Residents: \$5, Non-residents: \$6 per class			
Kickboxing	Mon.	6:00 - 7:00 pm	Residents: \$45, Non-residents: \$54 for 10 classes			
Pilates	Mon. & Thurs.	7:00 - 8:00 pm	Residents: \$132.50, Non-residents: \$198.75 - Annual membership			
Strength Training Aerobics	Wed.	6:00 - 7:00 pm	Senior Resident: \$106.00, Senior Non-Resident: \$149.00			
Weights with Will	Tues.	6:00 - 7:00 pm	Annual membership			
Yoga	Mon. Thurs. Sat.	5:30 - 6:30 pm 7:00 - 8:00 pm 9:00 - 10:00 am				
Turbo Kickboxing	Tues.	7:00 - 8:00 pm				

*For more activity information, please call the Tamarac Community Center at (954) 597-3620 or the Recreation Center at (954) 597-3674. Registration is also available online for some programs at <https://webtrac.tamarac.org>*

# SPECIAL EVENTS

## TAMARAC COMMUNITY FARMERS MARKET

The market is a great place to shop for fresh produce, honey, sauces, baked goods, pickles, and other artisanal goodies. Come meet the producers and sample their locally prepared, all natural products.

Where: Veterans' Memorial Park  
7825 Southgate Boulevard

When: Every Sunday of the month, 9:00 am – 2:00 pm

## 4TH OF JULY ALL-AMERICAN CELEBRATION

Celebrate the biggest and best birthday party in the City of Tamarac at the All-American Celebration Event on Friday, July 4, 2014 from 6:00 pm - 9:30 pm at the Tamarac Sports Complex, located at 9901 NW 77th Street.

Bring your friends and family for a **FREE** outdoor concert with South Florida's dynamic "Valerie Tyson Band", as they perform an energetic array of musical medleys to provide the perfect listening experience for America's birthday this year!

Grab your lawn chairs and your camera for snapshots and selfies with Uncle Sam and Betsy Ross as they make an appearance during the event. There will also be an entertainment area with fun rides, arts & crafts, games to keep the children busy, and more than 15 food trucks on site. Stick around for the impressive and choreographed pyrotechnical fireworks display kicking off promptly at 9:00 pm.

**Parking is limited. Please use the FREE shuttles from Tamarac City Hall (7525 NW 88th Avenue) and Tamarac Community Center (8601 W. Commercial Boulevard).** For more information, call the City of Tamarac Parks and Recreation Department at (954) 597-3620.

## 4TH OF JULY PATRIOTIC SWIM PARTY

Celebrate the 4th of July with some fun in the sun. There will be a DJ, raffle prizes, games and much more.

Where: Caporella Aquatic Center, 9300 NW 58th St.

When: Friday, July 4th, 12:00 pm – 4:00 pm

Fee: \$3.50 (17 & under), \$ 4.00 (Adults)

## SHOW YOUR TALENT!

Calling all local artists! Show off your creativity and share your love of art with the residents of Tamarac. If you are interested in displaying your artwork, applications are available at the Tamarac Community Center or call (954) 597-3635.

## PRINCESS PARTY

Join us for a royal celebration and get treated like a princess. Enjoy cupcakes, cookies, punch, games, crafts, and giveaways. Upon your arrival, you will be greeted by royalty and have your picture taken with the Queen. Sign up at the Tamarac Community Center. Pre-registration is required (space limited to the first 100 children).

Ages: 3-7 years old

Where: Tamarac Community Center

When: Saturday, August 9th, 10:00 – 12:00 pm

Fee: Residents: \$10, Non-residents: \$20

## DIVE-IN MOVIE

Where: Caporella Aquatic Center, 9300 NW 58th St.

When: Saturday, August 23rd at 8:00 pm

Fee: \$3.50 (17 & under), \$ 4.00 (Adults)

## 5TH ANNUAL TAMARAC PLAY DAY

The City of Tamarac has been named a Playful City for the fifth consecutive year, making us a national role model, leading the way for play and growing the next generation of healthy and productive adults. Celebrate Tamarac's Play Day with your family and friends and get on track to a healthier lifestyle. The City's "Day of Play" will consist of organized games, inflatable rides, prizes, giveaways and much more.

Where: Tamarac Park, 7501 N. University Drive

When: Thursday, September 18th

(Early Release Day), 1:30 – 3:30 pm

## MOVIES IN THE PARK

Pre-movie activities include face painting, bounce house, music and much more.

Where: Tamarac Park, 7501 N. University Drive

When: Friday, September 26th, activities start at 6:30 pm, movie starts at 7:30 pm

## ARTIST OF THE MONTH EXHIBIT

Visit the Tamarac Community Center to view:

July: Patti Lauer, "Florida Tropical Expressions"

August: Alexa Williamson, "Yellow Jacket"

September: Sam Awosolu, "Caribbean Art"

## BECOME A SPONSOR!

Sponsoring a special event is a great marketing approach to reach your desired audience. Partnering with the City of Tamarac provides you with an avenue to promote your business and assist in increasing visibility in the community. Contact the Tamarac Parks and Recreation Department at (954) 597-3632 for more information.

## ADULT TRIPS

Register for all trips at the Tamarac Community Center located at 8601 W. Commercial Boulevard from 8:00 am - 8:00 pm. All bus trips will leave from this location.

**For information, call (954) 597-3620. Trips are subject to cancellation.** No refunds one month prior to trip date (no exceptions).

### ACTORS PLAYHOUSE: MID-LIFE 2! (THE CRISIS CONTINUES)

When: Thursday, July 17th, Bus leaves at 4:00 pm and returns at 11:00 pm

Fee: Residents: \$55, Non-Residents: \$65

### BROWARD CENTER: CIRQUE DREAMS JUNGLE FANTASY

When: Thursday, July 24th, Bus leaves at 4:00 pm and returns at 11:00 pm

Fee: Residents: \$75, Non-Residents: \$85

### FLORIDA MARLINS VS CINCINNATI REDS GAME

When: Thursday, July 31st, Bus leaves at 4:00 pm and returns at 11:00 pm

Fee: Residents: \$35, Non-Residents: \$45

### FLORIDA MARLINS VS ARIZONA DIAMONDBACKS GAME

When: Thursday, August 14th, Bus leaves at 4:00 pm and returns at 11:00 pm

Fee: Residents: \$35, Non-Residents: \$45

### DINNER AND A MOVIE

When: Thursday, September 11th, Bus leaves at 4:30 pm and returns at 10:00 pm

Fee: Residents: \$20, Non-Residents: \$30

### LIPS - DINNER WITH THE DIVAS

When: Thursday, September 25th, Bus leaves at 5:30 pm and returns at 10:00 pm

Fee: Residents: \$55, Non-Residents: \$65



## SENIOR PROGRAMS

Calling all seniors! Want to live a more vibrant life, form new friendships, feel a sense of achievement and get in heart-healthy shape? Be part of the fun and become a member of the award-winning Tamarac Community Center Senior Program!

With more than 40 different activities, programs and services per week, there is truly something for everyone. The Senior Program has more than 800 members who participate in activities such as Jazzercise, painting, line dancing, Scrabble, volleyball, chair yoga, and much, much more.

The Senior Program is available to seniors ages 55 and up from Monday through Friday, 8:30 am - 4:00 pm. For more information and to check out our program listing, please visit the Community Center located at 8601 W. Commercial Boulevard, call (954) 597-3620, or visit us on the web at [www.tamarac.org](http://www.tamarac.org). You can also get updates on the Senior Program through Twitter and Facebook (join our fan page "Parks and Recreation"). Membership renewals start October 1st, or pay \$3 to enjoy an entire day's worth of activities. Enjoy computer classes for just \$10 per month. Come to our Senior Dance Social every Thursday with coffee and refreshments for \$1, or free with your paid membership. Our numerous exercise classes will ensure that we have something for every level of ability, from high impact cardio to gentle chair yoga.

### TAMARAC SENIOR PROGRAM SCHEDULE

#### MONDAY

Jazzercise, Board Games, Proactive Arthritis Water Exercise, Yoga, Line Dancing, Volleyball, Zumba, Meditation, Tai Chi, Bingo, Happy Hookers (knitting group), Mah Jong, Pickleball

#### TUESDAY

Walking Club, Jazzercise, Creative Writing, Mah Jong, Healthy Heart, Chair Yoga, Badminton/Pickleball, Painting, Computer Class

#### WEDNESDAY

Proactive Arthritis Water Exercise, Extended Chair Yoga, Volleyball, Stretch & Tone, Zumba, Pickleball, Core Yoga

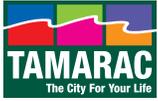
#### THURSDAY

Walking Club, Jazzercise, Healthy Heart for Balance, Line Dancing, Spanish, Volleyball, Chair Yoga, Senior Dance, Mah Jong, Computer Class

#### FRIDAY

Computer Club, Jazzercise, Carol's Cardio, Stretch & Tone, Jewelry Making, Yogalites, Battle of the Sexes Trivia, Pickleball

**\*PLEASE NOTE: Adult Trips are subject to change and/or cancellation, please call to verify dates and times.**



**CITY OF TAMARAC**  
7525 N.W. 88th Avenue  
Tamarac, Florida 33321-2401

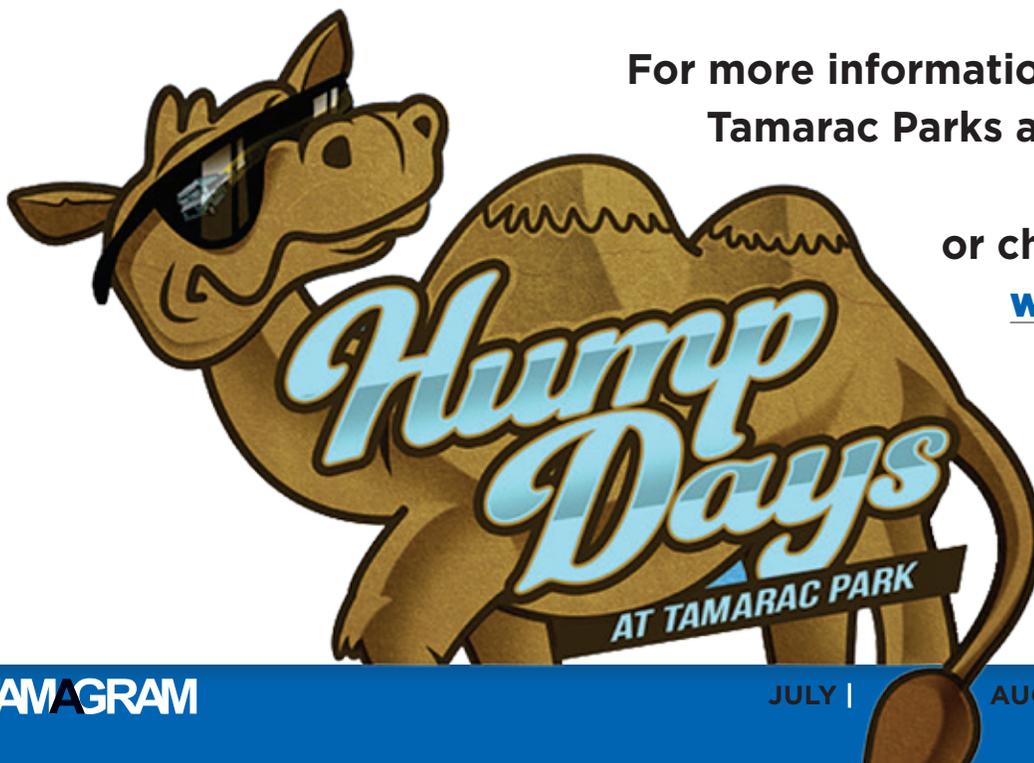
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## ENJOY HUMP DAYS AT TAMARAC PARK

**Wednesdays, 5:30 - 9:30 pm**

**7501 University Drive**

*Games, music and delicious offerings from  
a variety of food trucks.*



For more information please contact  
Tamarac Parks and Recreation at

**(954) 597-3620**

or check the website,

[www.tamarac.org](http://www.tamarac.org)